

NON-POWERED SCOOTERS

MANAGE THE RISKS

- **Helmet**
- **Personal protective equipment**
- **Learn how to stop**
- **Smooth surface**
- **Not during peak traffic**
- **No portable listening devices**



IN-LINE SKATING

Manage the risks

- » Helmet
- » Safety equipment
- » Learn how to stop
- » Smooth surface
- » No night skating
- » Not during peak traffic
- » No portable listening devices



JOGGING SAFETY

MANAGE THE RISKS

- **Reflective gear**
- **No listening devices**
- **Jog against traffic**
- **Intake fluids at proper level**
- **Stay on sidewalk or open trail**



LADDER SAFETY

RISK MANAGEMENT



- Right ladder for the job
- Inspect ladders
- Metal ladder + electricity = death
- 4 to 1 ratio for straight ladders
- 3 feet rule for roofs

BARBECUING SAFETY

Manage the risks

- Well ventilated areas/outdoors
- Approved lighter fluids/no gasoline
- Stand upwind when lighting grill
- For propane grills, open grill cover before lighting
- After cooking, shut the propane bottle



FOURTH OF JULY

- **Attend professional displays**
- **If you decide to have a display make sure fireworks are legal**
- **Keep fireworks away from children**
- **Check the package for instructions on**



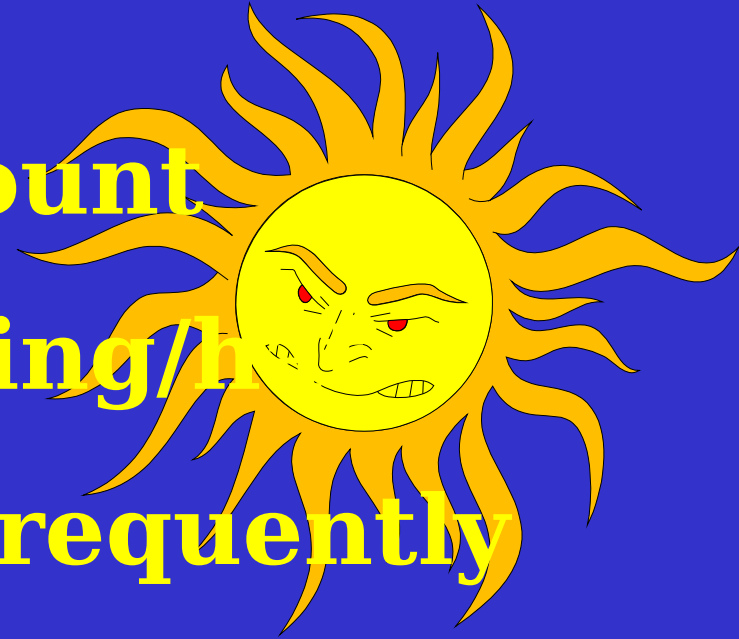
LAWNMOWER SAFETY

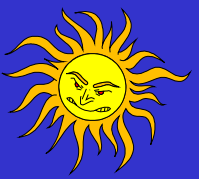
- Follow manufacturer's recommendations
- Wear PPE (safety goggles & shoes)
- Remove objects before cutting
- Push; do not pull the mower
- Mow laterally across a slope, not up and down
- On a riding mower, the rule is just the opposite
- Ensure lawnmower is cool before refueling



HEAT INJURY PREVENTION

- **Fluids/proper amount**
- **Appropriate clothing/h**
- **Sunscreen/apply frequently**
- **Early AM; Late PM; Indoors**
- **Monitor those at risk**
- **Follow work/rest cycles**



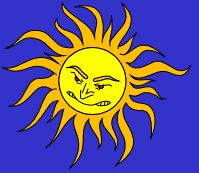


HEAT CRAMPS

usually

» Heavy sweating; Painful spasms

in the leg or abdomen muscles



HEAT EXHAUSTION

Sweating

» Person becomes weak;

heavily; Skin is cold, pale and

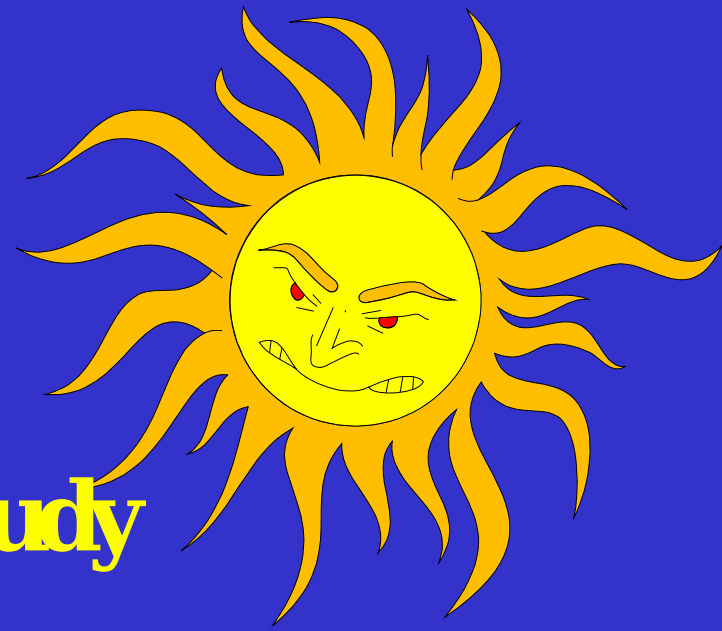
clammy;
vomiting.

Pulse is thready; Fainting and

HEAT STROKE

» High body temp - 106 or

Wear Sunscreen



- Apply daily; even if it's cloudy
- Apply liberally; Re-apply per mfr's instruction; even if it's waterproof
- At least SPF 15
- Protection for UV-A and UV-B rays
- Don't use tanning salons

5 STEP PROCESS

1. Identify Hazards

2. Assess Hazards

3. Make Risk Decisions

4. Implement Controls

**5.
Supervise**

